



# Suncook Senior Center Newsletter

*Your Resource for Healthy Aging*



*August*

**2021**  
**Michelle**  
**Beaudin**

**Manager**  
**485-4254**

Located at the  
Allenstown  
Community Center  
8 Whitten Street  
Allenstown, NH

Serving the  
communities of:

Allenstown  
Hooksett  
Pembroke

But all are welcome!

Hours:

**Monday-Thursday:**

**8am -2:00pm**

**Friday:**

**8:00am-1:00pm**

- ♦ Meals on Wheels
- ♦ Educational Programs
- ♦ Wellness Activities
- ♦ Exercise Programs
- ♦ Games & Puzzles

Merrimack County  
ServiceLink: The first  
number to call for sen-  
ior services:

**228-6625 or**

**1- 866-634 -9412**



To GO Meals OR YOU CAN EAT IN .

On August 5th Please come and get your Chef Salad and Coconut Cake.

On August 12th Please come and get your Beet Salad w/ Chicken Kabobs and Brownies Sundae.

On August 19th Ham Salad Cold Plate and Apple Crisp

On August 26th Chicken Asian Salad and Lemon Pudding

Please Call Michelle at 485-4254 To Make Reservations

## What is the NH Alliance for Healthy Aging (NHAHA)?

### NHAHA Vision:

To create communities in NH that advance culture, policies, and services which support older adults and their families, providing a wide range of choices that advance health, independence, and dignity.



Thanks to dramatic advances in medicine, public health, and lifestyle choices, nearly half of children born today can expect to live to 100. As more of us live longer, healthier lives, New Hampshire faces a powerful opportunity to rethink the future of our communities.

However, despite the burgeoning growth of our state's older population, NH does not yet have a strong or cohesive advocacy infrastructure in place for older adults. So many of us continue to have so much to offer as we age, but many of our current policies, structures, and cultural assumptions fail to take advantage of the new realities of an older Granite State. Such an infrastructure is needed to successfully make New Hampshire a community that

**Congregant Dining**  
**Every Thursday at 12pm**  
Please reserve your meal by Monday  
for the following week  
(5 working days in advance)  
Sign up at the center or call 485-4254

### **To Our Readers and Advertisers**

*Senior News Publications* would like to thank our advertisers for their support of this Senior Citizen Newsletter and for giving us the ability to supply the seniors their local news, events, programs, trips and so much more with a FREE Newsletter.

SENIORS, please let our advertisers that you patronize know that you saw their ad in your senior newsletter.

## **TAKEOUT OPTION!!!!**

We are still offering meal options at the center in takeout form 2 days a week; **Monday and Thursday!**

You can receive 5 frozen meals or more. A \$10 donation is suggested for each pick up.

For more information or to sign up please call  
**Michelle at 485-4254**

## **SPACE FOR SALE**

***Great Medium to Reach the Senior Citizens!***

**CALL 603-601-8047**

Email: [seniornewsletter@aol.com](mailto:seniornewsletter@aol.com)

**OR WRITE TO:**

**SENIOR NEWS PUBLICATIONS,  
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### **Activities Currently At Suncook Senior Center**

#### **MONDAY**

**9:00– 10:00am: Bone Builders—** Great program, taught by seniors, which helps to build bone strength. Donations accepted. For more information call Nancy 485-9181

**10:30am-12:15PM : Bingo—** Join our fun and lively group of bingo players!

#### **TUESDAY**

**10:00-12:00PM: Cribbage Club —** Join the fun!

#### **WEDNESDAY**

**9:00am – 10:00am: Bone Builders —**see description under Monday.

**11am-12pm: Tops Group.** For more information on joining please call Dorin at 1-508-269-7872

#### **THURSDAY**

**9am– 10am Coffee hour**  
**10:30am– 12:15pm: Bingo!**

**12:30pm-2:30pm Klunk!** Please come and join the fun!

**8:30am-2:00pm CRVNA Senior Health Clinic Second Thursday of the month.** Call 224-4093 ext 5815 for appointment.

**More fun to come !**

**Yoga will restart in September.** Day to be determined.

**Hand and Foot Card game date TBD**

**Please call Michelle at 485-4254 to sign up for activities.**  
**All Actives are scheduled**

**Save the date on August 11th at 11am there will be live Music with Mark Stainzer.**

From your...

#### COMMUNITY & CAPBMCI RESOURCE CENTER

**New Hampshire Electric Assistance Program** – You may be eligible for a discount of 9%-77% on your electric bill. Call 485-7824.

**New Hampshire Legal Advice** – This program is available to NH residents over the age of 60, free of charge. Please call 624-6000.

**Service Link** – This is your connection to information and support services for seniors. Please call 228-6625.

**Commodity Supplemental Food** – Are you looking for healthy foods? CSFP provides free nutritious foods such as cereal, cheese, fruits, vegetables, pasta and juice for low-income seniors aged 60 and older. In the summer you will receive fresh fruits and vegetables! Call 225-2050 for more info.

**Meals-on-Wheels** delivers a mid-day meal to homebound seniors and individuals with disabilities Monday thru Friday. For more information call us at 485-4254

**CAPBMCI Volunteer Driver Program** – If you are aged 60 years and above, or living with a disability, you qualify for rides through the Volunteer Driver Program! Rides are available Monday thru Friday 5:00am to 6:00pm. To request a ride, call 225-1989 or email [dispatch@bm-cap.org](mailto:dispatch@bm-cap.org).

#### Help with your Heating and Electric Costs!

You may be eligible for help with your energy bills. The Fuel Assistance Program will help pay your winter heating bills and the Electric Assistance Program can provide a discount on your electric bill if eligible. Please call the Area Center nearest you for more information or to make an appointment to apply. Home visits and mail-in applications are available for those unable to come in to a center.

**Concord Area Center** – 225-6880

**Area Center** – 934-3444

**Center** – 456-2207

**485-7824**

**Laconia Area Center** – 524-5512

**dith Area Center** – 279-4096

**Franklin**

**Warner Area Cen-**

**Suncook Area Center –**

**Mere-**

## FOOT HEALTH MONTH

### Keep feet healthy with these 7 tips:

**1) Keep feet clean.** Good foot hygiene is critical to preventing fungal, viral, and bacterial infections. Regularly wipe down feet with warm water, soap, and a washcloth. **2) Moisturize feet.** Avoid dry, cracking skin by applying foot lotion after feet have been thoroughly washed and dried. **3) Trim nails.** If they get overgrown, it can cause pain or interfere with stable walking. **4) Get properly fitting footwear.** Ill-fitting shoes can rub and cause blisters and other foot ailments as well as impair mobility. Have feet measured and sized by a specialist prior to buying shoes. Avoid wearing heels higher than 1 inch and find close-toe shoes that are comfortable and support arch type, foot width, and ankle. **5) Get medical attention when needed.** Common foot conditions like bunions, hammer toes, discolored toenails, corns, and calluses may seem harmless. If older adults have any of these, an evaluation from a podiatrist to prevent harmful developments later on is important. **6) Address pain.** Feet are often the first parts of the body to show symptoms related to serious conditions. If the older adult experiences pain, tingling, numbness, stiffness, or inflammation in their feet or ankles, a doctor or podiatrist exam should be done as soon as possible. **7) Promote circulation.** Older adults who suffer from chronic illnesses like diabetes, peripheral artery disease, or conditions that limit mobility may experience reduced circulation in their lower legs and feet. Circulation can



### Granite VNA's Better Choices, Better Health™ Online Program

Adults living with or caring for someone with arthritis, diabetes, hypertension, or any other ongoing mental or physical health condition can learn valuable tips to manage the disease by attending Better Choices, Better Health™ offered by Granite VNA.

During this six-week interactive workshop on Wednesdays beginning August 25 from 1 to 3:30 p.m., participants can learn how to manage disease symptoms, maintain proper nutrition and exercise, communicate more effectively with your healthcare provider, and more. The program is offered at no charge.

Registration is required and space is limited. To register, call (603) 224-4093, ext. 5815 or visit [www.granitevna.org](http://www.granitevna.org). Once registration is confirmed, participants will receive a link to the program. Technical instruction is available to participate in the group

**Commodity supplemental food program** If you need to supplement your monthly food budget this could help! Please call 1-800-578-2050 or 225-2050 to see if you qualify.

**ATTENTION LOCAL MERCHANTS! SPACE FOR SALE For. Advertising Information:**

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- Powerful Tools for Caregivers

*To learn more, call  
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DO YOU WANT TO REACH THE LOCAL SENIOR CITIZENS  
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**EMAIL: seniornewsletter@aol.com**

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## Pine Grove Community

55 and over Independent Living Spaces Now available



Accepting Applications  
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Environment

Restored Historic Victorian  
Country Home with Private Rooms  
Quiet Setting in Pembroke, NH  
Rents starting @ \$600.00 month

Includes all utilities, maintenance, housekeeping, furnished common areas,  
Free laundry facility, sprinkler system, optional garage and storage space.

**Proprietors: Steve & Patty Fowler**  
**For Info. Call 224-7324 or 340-1487**

[www.thepinegrovecommunity.com](http://www.thepinegrovecommunity.com)

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HAMPTON, NH 03842**

### Elder Services Community Action Program, Belknap Merrimack Counties, Inc.

Suzanne Demers, Director, Peggy Maylone, Operations Manager

**Consider donating a tax deductible contribution to the Meals on Wheels Program  
in tribute to someone special, or to celebrate a special occasion.**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone # (if we have questions) \_\_\_\_\_

In Memory/Honor of \_\_\_\_\_  
(circle one above)

Send Acknowledgement to \_\_\_\_\_

Address: \_\_\_\_\_

Please make checks payable to CAPBMCI—MOW and send to Community Action Program, Belknap-Merrimack Counties, Inc, P.O. Box 1016, Concord, NH 03302. *Thank you for your support.*